

Get Wet All Year Round!

***Please Note: Some Classes Only Seasonally Offered**

(Click Class Names for Online Registration and Full Description)

| Thursday's Classes | Drop-In Fee Per Class¹ | Ages |
|--|--|-------------|
| <u>Aqua Fitness</u> | \$7.00 | 16+ |
| <u>Aqua Blast</u> | \$7.00 | 16+ |
| <u>Deep Water Workout</u> | \$7.00 | 16+ |
| <u>H2O Walking</u> | \$7.00 | 16+ |
| <u>Deep Water Running and Conditioning</u> | \$7.00 | 18+ |
| <u>Aqua Zumba</u> | \$7.00 | 14+ |
| <u>Aquatic Doctor's Orders</u> | \$7.00 | 18+ |
| <u>Twinges in Your Hinges</u> | \$7.00 | 14+ |
| <u>Swim 4 Fitness</u> | \$7.00 | 15+ |

1 – Drop-in Fees are paid the day of class and receipts are given to the instructor.

[Register Online](#)

[View our complete guide and fill out the registration form](#) to register by mail, walk-in or fax (240-314-8759)

For more information email swimcenter@rockvillemd.gov

Learn more at www.rockvillemd.gov/swimcenter

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